



NON-BUILDING - DAY CAMP

2024

NFHS KEY:

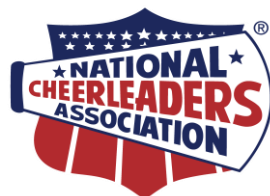
CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
--------------	------------	---------------	---------	-------------	------------

Time	Class	Notes	NFHS
8:00 AM	Registration		S
9:00 AM	Opening Rally	Meet your NCA Staff!!	
9:15 AM	Material Demos	GD #1, Perf #1, Chant w/ 1-3-1 method, Band Chant	
9:30 AM	Band Chant / Coaches' Meeting	Great Game Day Dance to incorp Dance Team/Mascot	E
10:00 AM	Cheer Class	Learn Game Day Cheer #1 & Performance Cheer #1	C
10:30 AM	Chant Class	Select 2 chants to learn from Chants #1-5	C
11:00 AM	Jump Class	Work on & improve upon jumps & exercises	A
11:30 AM	Buddy Time	Introductions, Spirit Book, National Bid/NFHS Process	L
11:45 AM	Team Time / Coaches Reception	Intro to our camp theme! / Coaches meet w/ buddy	S
12:00 PM	LUNCH		
1:00 PM	Practice Time with Coach	Optional practice time if needed	
1:30 PM	Cheer Evaluation	Evaluation on one of the Cheers learned before dinner	
	The NCA Game Day Experience	Developing the perfect Game Day atmosphere!	C
2:15 PM	Game Day Entrance	NCA Staff will demo a Game Day Entrance & Cheer	C
2:25 PM	Game Day Fundamentals	Learn what makes a solid foundation for Game Day!	C
2:35 PM	Practice Implementing	Use the Game Day Cheer learned during Cheer Class	C
3:00 PM	Game Day Props	How to properly use props & people on game day!!	C
3:15 PM	Performing with Props	Practical application using signs, poms, flags & megas	C
3:40 PM	Game Day Skills	Enhance your Game Day with appropriate skills	C
3:50 PM	Time to Stunt with Props	Work on getting in/out of stunts with props	C
3:50 PM	Final Thoughts	Bring it all together to make the ultimate GD Experience!	C
4:00 PM	Leader's Reception/Material Review	Team Leaders meet with their NCA Buddy instructor	S
4:20 PM	Team Time		L
4:45 PM	Announcements		
4:55 PM	Spirit Sticks	Given to teams exemplifying team spirit throughout the day	
5:00 PM	Tally Ho	Camp Dismissed! Have a great night!	

DAY 1

Time	Class	Notes	Notes 2
9:00 AM	Leaders in Training	Team Leaders attend additional leadership classes	L
9:15 AM	Team Time / Coaches' Meeting	Camp Starts / Coaches head to meeting location	L
9:25 AM	Cheerobics / Band Chant Review	Fun warm up to get the body moving & ready to go	
9:35 AM	Jump Class	Work on & improve upon jumps & exercises	A
10:20 AM	Chant Class	Select 2 chants to learn from Chants #6-10	C
11:05 AM	Material Review	Review all cheers & dances	
11:20 AM	Specialty Classes (Regional)	Spirit Dance & Hip Hop Dance	E
12:00 PM	LUNCH		
1:00 PM	Custom Coaching #1	1st Eval on Cheer & Chant or Band Chant	C
1:30 PM	Custom Coaching #2	1st Eval on Cheer & Chant or Band Chant	C
2:00 PM	Custom Coaching #3	1st Eval on Cheer & Chant or Band Chant	C
2:30 PM	Final Evaluation	2nd Evaluation of a Cheer & Chant or Band Chant	E
3:15 PM	Final Day Competition Warm-Up	All final day competitions are optional	
	Final Day Competitions		
3:30 PM	Top Team Chant	Both Band and Situational are performed in succession	
	Band Chant & Situational Sideline Chant	Crowd effective & practical. No Stunts or Tumbling Adjust to situational call, as taught, 1-3-1	C
4:00 PM	Top Team Cheer	Choose either Game Day or Performance Cheer	
	Game Day Cheer	Showcasing game day skills & crowd leading abilities	C
	Performance Cheer	Showcasing technical skills & crowd leading abilities	C
	Awards Presentation	Camp awards h&ed out.	
#VALUE!	Closing	Final thoughts & message to camp	

DAY 2



nca.varsity.com | 800.NCA.2WIN

